FILM. ZACH BRAFF KICKSTARTED AND READY TO GO

PAGE 16

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FDNY SHOWS OFF ITS HOTNESS

PAGE 02

Firefighter and cover model Joseph Conforti, of Ladder Company 163 in Queens, poses at the kickoff of the 2015 FDNY calendar. This is also the first year to feature a female calendar model. / BESS ADLER, METRO

$50M

Strike to wallop NYC economy

Long Island. State Comptroller Thomas DiNapoli estimates that the looming Long Island Rail Road workers' strike could cost the New York economy $50 million per day if it happens on Sunday. No talks are scheduled between now and then between the LIRR and MTA and both sides seem to be digging in their heels. PAGE 04

Audrey Tautou has her head in the clouds

PAGE 17

All the best apartments put vitamin C in showers

PAGES 22-23

Lumosity may help you train your brain

PAGE 25

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1 NEWS

Today's tweet

"I would disagree with you, @NYGovCuomo, the LIRR would be an epic disaster ... not just inconvenient."

@alexromano

Top 3

What's trending online at Metro.us

1 'Anne Hathaway, Kristen Stewart rock mustaches for new Jenny Lewis video'

2 'AUDIO: Man records the most frustrating Comcast call ever'

3 'VIDEO: Weird Al teaches English in new song "Word Crimes"'

The FDNY's 2015 Calendar of Heroes came out on Tuesday and raises money for the nonprofit FDNY Foundation. / BESS ADLER, METRO

NY firefighter beefcake calendar features a first

Manhattan. An 11-year veteran of the FDNY, Danae Mines, "Miss March," is the first female in the annual calendar.

The FDNY is spicing up their annual calendar of beefcakes with a historic addition.

Already one of only 41 female firefighters in the city, Danae Mines is also the first woman featured in the FDNY 2015 Calendar of Heroes.

"I'm hoping I get the opportunity to inspire other women to come on this job," said Mines, assigned to Engine Co. 60 in the South Bronx.

Though the men are all shirtless in the shots taken by nightlife photographer Patrick McMullan, Mines is modestly dressed in a gray FDNY tank top. With a big smile, her photo is used for March — Women's History Month.

Mines said she's wanted to be in the calendar since she became a firefighter 11 years ago. In January, she auditioned with some 100 other firefighters for 13 spots.

Mines said she was the only woman who tried out — probably because her 40 female colleagues didn't know they could.

"I didn't even know," she said. "I had to ask if I could apply because I've only seen men in it."

Firefighter and "Mr. May" Tommy Herrick, of Engine Co. 24 in lower Manhattan, previously worked alongside Mines for years in the Bronx. He said her photo means the calendar is closer to matching the diversity of the city.

"It was only a matter of time," Herrick said.

Proceeds from the calendar benefit the FDNY Foundation, the department's nonprofit. Firefighter and "Mr. December" John Kilian, of Queens, said it was great to help raise money for fire safety.

He also said it was "fantastic" to have a woman take part.

"I'm proud of her," Kilian said.

His girlfriend, Danielle Rapino, 26, agreed.

"It's so nice to see a woman showing that what they can do, she can do too," Rapino said.

Mines, who has wanted to be a firefighter since elementary school, said she didn't think about her safety as a woman when she joined the FDNY. She only wants to save lives.

"Being a female never concerned me," Mines said.

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Visit **Metro.us** to see some smoking pics of FDNY's hottest heroes.

Inspiration

"I'm hoping I get the opportunity to inspire other women to come on this job."

Danae Mines, Engine Co. 60

The calendar

The FDNY 2015 Calendar of Heroes costs $15.95. Proceeds benefit the department's nonprofit, the FDNY Foundation, which was created to promote fire safety and provide extra training, education and development.

- For more information, go online to www.fdnyfoundation.org.

Brooklyn

Contest pairs soundscape with fountain

The Brooklyn Museum is looking for 10 artists whose works will grace its grounds accompanied by flowing water.

The "Score the Fountain" contest is asking composers, artists and producers to create a musical score that would play in harmony to the fountain in front of the building.

Ten tracks from multiple genres will be selected once the contest ends on July 30. The final compositions will be performed live on Aug. 14.

For more info, visit brooklynmuseum.org.

SAMAR KHURSHID

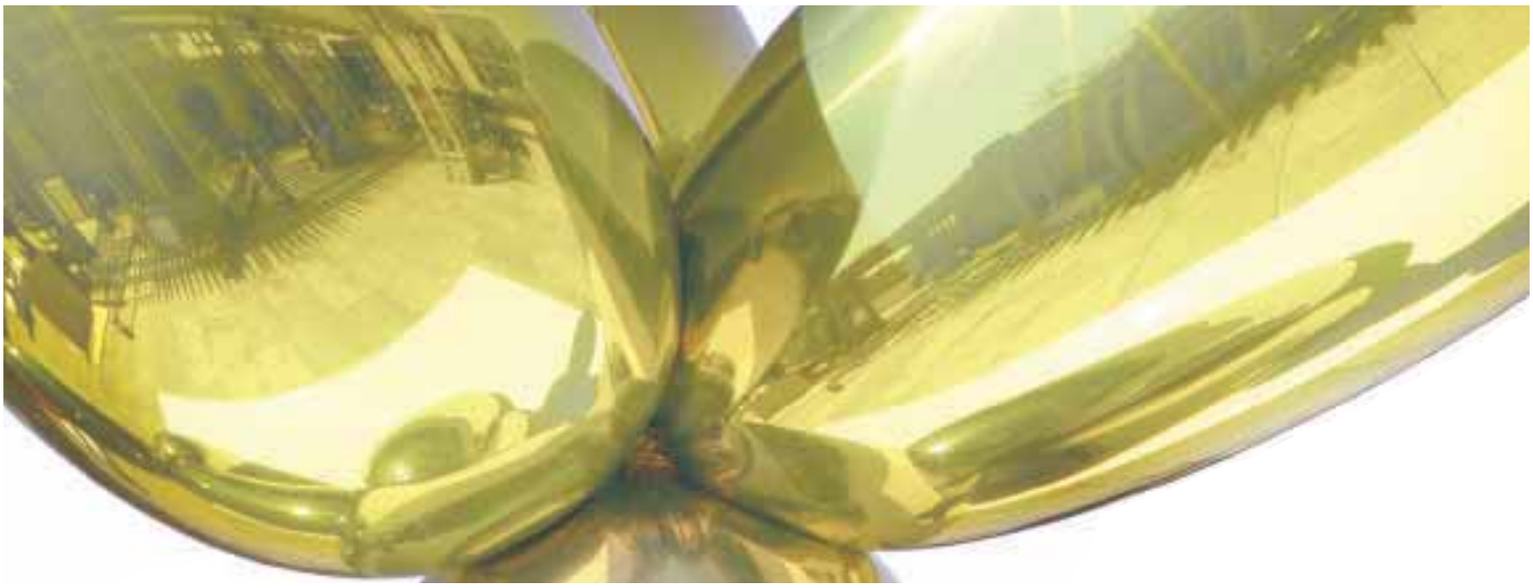
The Jane and David Walentas Fountain / BROOKLYN MUSEUM

Queens. Woman gets jail for butt injections

A Queens woman who pleaded guilty to unlawfully offering butt injections and treating wounds with Krazy Glue was sentenced to two to three years in prison.

Liliana Coello, 41, pleaded guilty to second-degree assault and unauthorized practice of a profession after authorities arrested her in 2012 after a patient sought treatment for a botched job. She was arrested again in May for a similar procedure in 2011.

Silicone injections to the derriere are illegal in New York. **CHESTER SORIA**



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Economy could suffer from strike

Long Island. The State Comptroller said the LIRR union strike could cost New York $50 million per day.

A planned strike by Long Island Rail Road workers might cost the region as much as $50 million in daily economic activity.

State Comptroller Thomas DiNapoli released the figure on Tuesday, five days before unionized LIRR employees are expected to picket on July 20 after the MTA rebuffed their counterproposal for a new contract.

DiNapoli urged workers and management to come to an agreement to prevent more headaches during peak tourism season.

"Both sides must go the extra mile to reach a reasonable settlement so we can avoid the costly impact of a strike and the millions of dollars in lost economic activity," DiNapoli wrote.

Gov. Andrew Cuomo, however, hesitated to sound the alarms and echoed Mayor Bill de Blasio's confidence in the MTA's contingency plans for temporary bus and ferry services.

"We've had strikes before, and we survived," Cuomo told reporters.

Marina Van, director of the East Hampton Chamber of Commerce, said she agreed with Cuomo.

"It only lasted a weekend," Van said about the last LIRR strike in 1994, adding that the Hamptons wouldn't necessarily be affected by the lack of trains but more so by a possible rush of cars through town.

"Even de Blasio is not changing his vacation plans," she said. "I think we're going to be fine here."

CHESTER SORIA
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The strike will hit LIRR riders starting on Sunday. / AARON ADLER, METRO

Not a disaster

"This is not a disaster — a real pain, maybe, but not a disaster."
Gov. Andrew Cuomo

Transportation tale

The strike would start on July 20.

- There are no new meetings between the MTA and LIRR scheduled as of Tuesday evening, and representatives from both publicly accused the other side of intransigence.
- The increased traffic may dissuade some day trippers from stopping by the Hamptons said Van Marina Van, director of the East Hampton Chamber of Commerce, buts she's heard some vacationers are opting to extend their trips in anticipation.

In the details

MTA releases letter to customers

In a letter to customers, MTA Chairman Thomas Prendergast released details of its current offer to the eight unions.

The offer to current LIRR employees would include: 17 percent wage increase over seven years, an average $22,000 retroactive payment, health care contributions of 2 percent of base salary and no changes to pension contributions.

Union leaders refused the offer.

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Some children who had employer-based health insurance may be subject to a waiting period of no more than 90 days before they can be enrolled in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage. For more information about Medicaid Managed Care call New York Medicaid Choice at 1-800-541-2831. For more information about Medicaid and Child Health Plus call New York Health Options at 1-800-541-2831. To learn more about applying for health insurance through NY State of Health: The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.

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Manhattan. New York City scores big in best-hospitals ranking

Three of the top 17 hospitals in the U.S. are here in New York City, according to a new survey of nearly 5,000 institutions across the country.

New York-Presbyterian University Hospital of Columbia and Cornell ranked No. 6, NYU Langone Medical Center came in at No. 15 and Mount Sinai at No. 16 on the honor roll of the 25th annual Best Hospitals rankings 2014-15 released by U.S. News and World Report.

The report surveyed 4,743 hospitals across the nation on their performance in 16 specialties, which include cancer, orthopedics, and neurology and neurosurgery. New York Presbyterian was the top hospital in New York.

"This achievement is made possible by our trustees and our amazing team of doctors, nurses and staff, who are dedicated to providing the highest-quality and most compassionate care, every day to every patient," Dr. Steven Corwin, CEO of the hospital said.

Only 17 institutions qualified for the honor roll, ranking at or near the top in six or more specialties. Another 608 were regional high performers, while 144 were nationally ranked in one or more specialties.

SAMAR KHURSHID

New York-Presbyterian was one of three NYC hospitals on the "best of" list. / NEW YORK-PRESBYTERIAN HOSPITAL

Methodology

This year, the methodology was drastically changed in the survey.

- Patient safety was doubled to 10 percent of each hospital's score, while the weight given to a hospital's reputation was reduced to 27.5 percent from 32.5 percent.

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Protestors came to City Hall to support the bill. / WILLIAM ALATRISTE

Hobby Lobby case prompts NYC to push 'Boss Bill'

Manhattan. Politicians and city leaders held a rally to raise awareness of a bill that would help protect female employees.

The Supreme Court's controversial 5-4 ruling that privately held companies aren't required to offer contraceptive health care coverage contrary to their religious beliefs spurred local leaders to stand behind a Senate bill designed to protect employees.

A bevy of state and city leaders took to the steps of City Hall on Tuesday to support state Sen. Liz Krueger's proposed law to strengthen anti-discrimination laws in New York.

Also knows as the "Boss bill," it passed through the Democrat-led Assembly in June and would protect workers who access birth control from retaliation from their employers.

Krueger told reporters there are more than 100 cases of employee discrimination based on access to reproductive health care currently in the court system.

"This bill to protect women's and men's basic right to make their own reproductive health decisions passed with bipartisan support in the Assembly," Krueger said, "and there is no good reason why it shouldn't pass the Senate as soon as we are back in session."

CHESTER SORIA
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No bossing around

- The "Boss Bill" was created partly in response to Burwell v. Hobby Lobby Stores after the Supreme Court picked the case up, the bill does not directly affect insurance plans or providers.
- A similarly themed federal bill named the "Not My Boss's Business Act" has more than 30 sponsors in the Democrat-controlled Senate. No GOP leaders in the House have endorsed the legislation.

Manhattan

NYPD: One dead, two injured in East Harlem shooting

A shooting in East Harlem left one man dead and two others injured early Tuesday, police said.

Terry Nathaniel, 23, was found shot to death and sitting in a Honda Accord on Lexington Avenue near East 121st Street at around 2:30 a.m., police said. Another man, 27, was found in the same car with a gunshot wound to his leg.

Police said a third man, 33, was later found down the block, shot in his forearm.

Nathaniel was pronounced dead at the scene, police said. The other men were taken to St. Luke's Hospital in stable condition.

All three are believed to know each other, police said. No arrests had been made as of Tuesday night and police said the investigation is ongoing.

ANNA SANDERS

By the numbers

3

Number of victims in the shooting

Got info?

Anyone with information is asked to call Crime Stoppers at 1-800-577-TIPS (8477).

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Obama backs highway fund

President Barack Obama drives a simulator of a high-tech car as he tours the Turner-Fairbank Highway Research Center in McLean, Virginia. / GETTY IMAGES

Virginia. President Obama weighed in on the depleted fund after taking a wild ride in a car simulator.

President Barack Obama on Tuesday threw his weight behind a temporary fix for the depleted Highway Trust Fund during an event to tout his administration's work with the private sector to develop cars that communicate using wireless technology.

The Republican-controlled House of Representatives was poised on Tuesday to approve a $10 billion infusion for the fund, enough to keep money flowing to road, bridge and transit projects at least through the end of May 2015.

Without new money, the Department of Transportation has said it will start to cut back federal funding for projects by nearly a third on Aug. 1, putting hundreds of thousands of jobs at risk. Congress begins a five-week summer recess that same day.

White House support for the 10-month extension has annoyed some Democrats who are opposed because it would push decisions on long-term funding to a newly elected Congress next year. REUTERS

Quoted

"The good news is there are bipartisan bills in both the House and the Senate that would help with a short-term fix. And I support that. At the very least, Congress should be keeping people on the job who are already there right now." Obama

Gay Americans

Report shows 2.3 percent in U.S. are gay

Government data released on Tuesday showed that 2.3 percent of American adults are either gay or bisexual and that these men and women more often reported serious anxiety and having self-destructive habits than their straight peers. REUTERS

Job market ailing. Fed's Yellen says US recovery incomplete

The U.S. economic recovery remains incomplete, with a still-ailing job market and stagnant wages justifying loose monetary policy for the foreseeable future, Federal Reserve Chair Janet Yellen told a Senate committee on Tuesday.

In a strong defense of the central bank's current stance, Yellen said that early signs of a pickup in inflation aren't enough for the Fed to accelerate its plans for raising interest rates, a move currently expected in the middle of next year. REUTERS

FOR ADULTS WITH TYPE 2 DIABETES

Actor portrayal.

JANUVIA works by enhancing your body's own ability to lower blood sugar.

- **JANUVIA is a prescription pill you take once a day.**
- **JANUVIA, along with diet and exercise, helps lower blood sugar in adults with type 2 diabetes.**
- **JANUVIA, by itself, is not likely to cause blood sugar going too low (hypoglycemia), because it works less when blood sugar is low.**
- **JANUVIA, by itself, is not likely to cause weight gain.**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Please read the Medication Guide on the adjacent page for more detailed information.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Medication Guide
JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia)**. If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Fine dining. Giant 2-pound African snails seized at airport

U.S. customs inspectors at Los Angeles International Airport seized a shipment of several dozen live giant African snails, considered a delicacy in Nigeria but also voracious pests that can eat paint off houses, officials said this week.

Weighing nearly 2 pounds each and measuring about 6 inches in length, the 67 snails arrived from Lagos, Nigeria, with paperwork describing them as being for human consumption, the U.S. Customs and Border Protection agency said.

The mollusks appeared to be packaged as a personal shipment and were marked as destined for an address in San Dimas, California, agency spokeswoman Lee Harty said. REUTERS

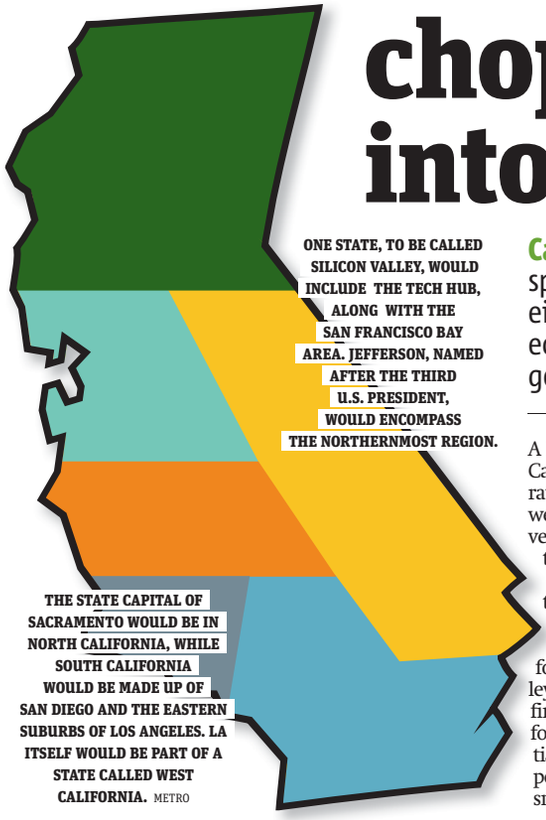
Connected house

Google's Nest launches home network

Google Inc.'s Nest Labs on Tuesday unveiled an industry group to encourage makers of smart home gadgets to use Thread, a new standard for devices to communicate on a network.

The attempt by Nest, a smart thermostat maker that Google bought in January, to lead the way on how future household devices to speak to each other, underscores the importance Google puts on areas like the home. REUTERS

Billionaire wants to chop up Calif. into six states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METRO

California. The plan splits the world's eighth-largest economy along geographic lines.

A long-shot effort to break California into six separate states got a boost this week, when the billionaire venture capitalist behind the proposal said he had gathered enough signatures to place it on the ballot in two years.

Timothy Draper, a founder of a Silicon Valley-based venture capital firm has been agitating for months for a ballot initiative to chop the most populous U.S. state into smaller entities.

"It's important because it will help us create a more responsive, more innovative and more local government, and that ultimately will end up being better for all of Californians," said Roger Salazar, a spokesman for the campaign. "The idea ... is to create six states with responsive local governments, states that are more representative and accountable to their constituents."

Salazar said that the campaign had gathered more than the roughly 808,000 signatures needed to place the measure on the November 2016 ballot. Draper and other supporters had planned to file the signatures with California Secretary of State Debra Bowen on Tuesday. REUTERS

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At least 20 killed, 120 hurt in Moscow subway derailment

Russia. Rescue workers evacuated more than 1,000 people from the crash area.

Search and rescue teams evacuate passengers injured after three subway cars derailed Moscow. / GETTY IMAGES

At least 20 people were killed and more than 120 were injured when a Moscow underground train derailed during the morning rush hour in one of the worst accidents on the Russian capital's subway system in years.

President Vladimir Putin, who is away in Brazil, ordered a criminal investigation into the accident, which is likely to raise further questions over Russia's transportion safety record. There was no suspicion of a militant attack — the cause of scores of deaths in Moscow's subway system in years past.

Riders

9M

On weekdays as many as 9 million people use the subway system.

Three cars derailed on a train traveling between two stations at 44 miles per hour at around 8:35 a.m. on the world's busiest subway system.

"It braked very hard. The lights went off and there was lots of smoke," a man, his nose bloodied, told Rossiya-24 television.

"We were trapped and only got out by some miracle. I thought it was the end. Many people were hurt, mostly in the first rail car because the cars ran into each other."

REUTERS

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- ❑ Do you feel embarrassed if you have to give a speech or perform at a public function?
- ❑ Do you avoid meeting new people, going to parties, or dating?
- ❑ Is it difficult for you to eat, drink, or write while others may be watching you?

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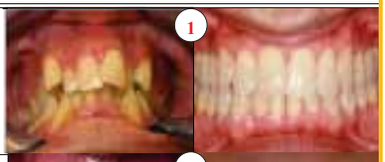

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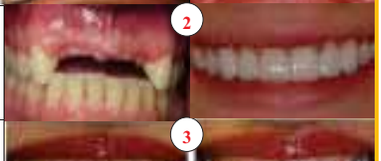

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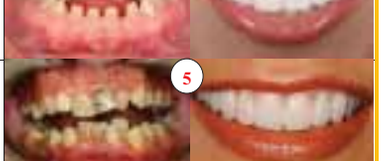

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Spy like an eagle with Dronestagram

Drones are not just good at spying, they also take stunning images, which now form a new genre in photography. Social network Dronestagram and National Geographic have teamed up to select winners, first-place above, of the first competition of drone photos. MWN

OMG! Good vibrations, gloves help users understand braille

Learning a different language is not easy, and certainly not when it comes to braille, the system of reading and writing for the visually impaired. But U.S. scientists are offering a helping hand, with a vibrating glove they've designed to help users understand braille in a matter of minutes. Small motors at the knuckle of each glove finger vibrate to tell the user to press a corresponding key, with an audio system telling them which braille letter they are typing. Experts at Georgia Institute of Technology then discovered that users with the gloves were still accurate in understanding braille, even if they were distracted for 30 minutes — a teaching technique called "passive haptic learning." Metro spoke to study co-author Caitlyn Seim.

Why did you decide to create these gloves?
We wanted to examine if more complex skills, such as typing, could be taught through passive haptic learning, a method that uses vibration without giving attention to the device that causes the stimulation. Braille is difficult and complex.

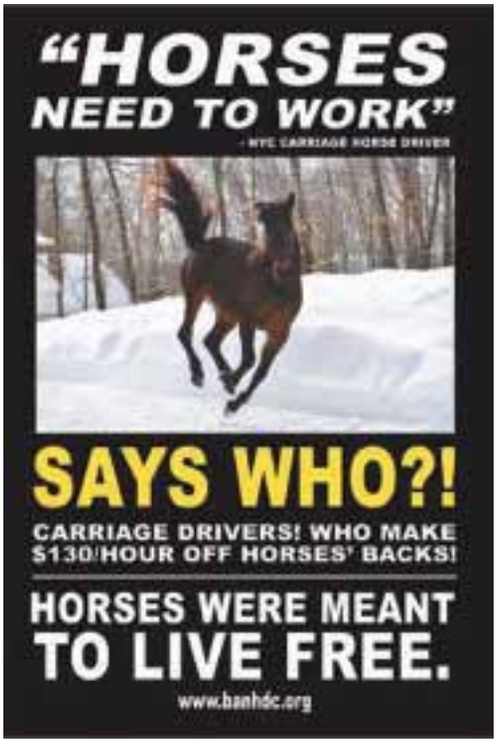
How did you find out that the gloves work?
The people that wore the gloves for passive haptic learning learned to read on average 93.3 percent of the alphabet in braille; they typed old and new phrases in braille with zero errors before the end of four hours. METRO WORLD NEWS

Visit us online at **Metro.us/omg** for more interviews.

Vibrating glove / GEORGIA TECH

Rapid acquisition

Can people wearing the gloves really learn braille in 45 minutes?
Yes. They feel vibration patterns on their hands and hear audio that corresponds to this.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Jay Z and Beyonce's elevator going up

1

THE WORD

Ned Ehrbar takes on the world of gossip.

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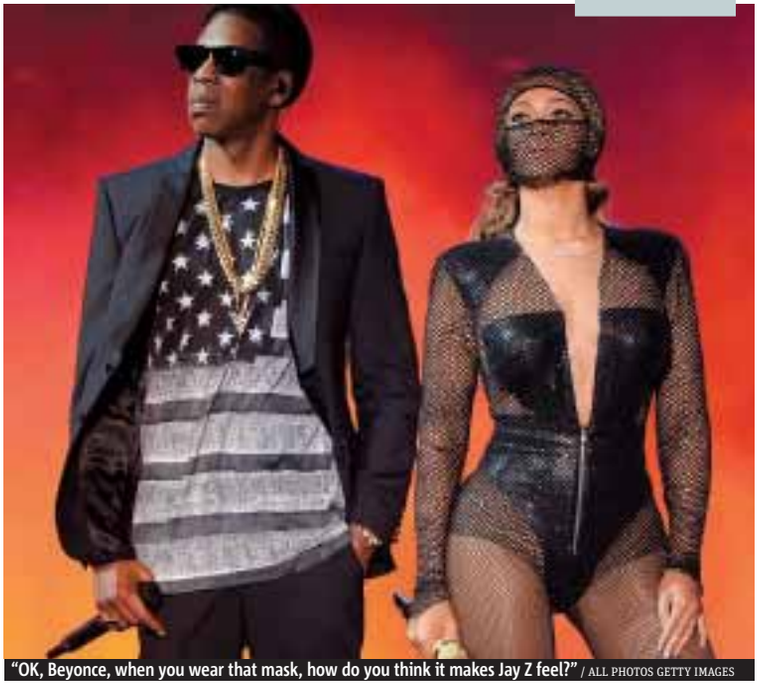

"OK, Beyonce, when you wear that mask, how do you think it makes Jay Z feel?" / ALL PHOTOS GETTY IMAGES

Jay Z and Beyonce reportedly have added a new member to their summer tour entourage: a marriage counselor — well, virtually at least. Sources tell the Daily Mirror that the married moguls have been meeting with a therapist via Skype while on the road to keep their relationship on course. "They have known their therapist for a long time and try to have weekly sessions just to keep communication open and make sure there are no misunderstandings," says a source familiar with the couple's dealings. And this is the point where the source would probably wink and whisper, "You know, like that whole elevator thing!" Though we don't have it on record that the source did say that. What we do have is the source concluding that "It's about maintenance rather than trying to fix anything hugely wrong."

Quote

"It's about maintenance rather than trying to fix anything hugely wrong."

Source, on the couple's therapy

Lohan is loving London. Whew!

London Lohan becoming a permanent reality

Lindsay Lohan is almost officially London's problem, so everybody just keep quiet until she's gone, OK? She finally scored herself a gig over there, and she's reportedly eager to make the move permanent, to the relief of drivers and nightclub patrons across the U.S. "I have a great place. It's very light and I feel safe," Lohan tells the Daily Express. "I think I am making the move to come over here." Lohan starts her run on the West End stage later this year, and she's already looking to head off speculation that she'll flake out on work. "I'm at a place in my life where I like the commitment. I'm looking forward to that part of it," she says. You go, girl. No, really: Go.

Talking point

3

Zoe Saldana believes in love at first sight

Zoe Saldana doesn't care if people think she and her husband of one year, Marco Perego, got hitched too soon after they started dating. "I don't do the ABCs," she tells Marie Claire. "I do what my heart says, what my heart feels. So from the moment I met my husband, we were together. We knew." The "Guardians of the Galaxy" star applies the same attitude to shopping as she does to her marriage. "I don't just window shop. I don't have the time or the energy or the attention span for that," she says. "I need a pair of jeans, I go and — boom — get them. I met my husband, I wasn't going to try it out and see if it works. No, I felt it. I went with the feeling."

2

CULTURE

Royal spawn update

You can bet on it (actually, you can't anymore)

I guess it's time to take seriously those rumors about Kate Middleton being knocked up again, as we now have the strongest indicator they might be true. British gambling firm Coral suspended betting on whether there will be a royal pregnancy announcement this month after an alarming number of overnight bets brought the odds on it from 10-1 to even. When in doubt, always check with the unrepentant gambling addicts.

Braff kicked the habit

ZACH BRAFF'S LATEST FILM IS "WISH I WAS HERE," THE FIRST HE'S DIRECTED SINCE "GARDEN STATE." GETTY IMAGES

Visit **Metro.us** for Braff saying the net will take on Jennifer Lawrence.

On the defense. Zach Braff says crowdsourcing for "Wish I Was Here" was supposed to be a fun experiment.

Zach Braff got a lot of attention when he turned to the crowdfunding site Kickstarter to raise money for his second film as a director, "Wish I Was Here" — and not all of it was positive. The campaign was a resounding success, and the film went on to debut at the Sundance Film Festival, but Braff found himself the focus of more than a little online ire. In our candid chat as the film finally hits theaters, Braff looks back on his "wacky experiment."

A good Internet mantra is "never read the comments." Have you taken that to heart?
Oh, I never read comments. If you're a creator of content and you're not a masochist, you know where not to go. You don't go to comments sections on IMDb or Deadline or any of those places because it's just a place for people to be mean for meanness' sake. Everyone should be able to take criticism, good and bad, and I can handle that, but mean for meanness' sake — why would you do that to yourself?

When you do a massive online crowdfunding campaign, you open yourself up to people feeling the need to sound off on it.
Of course. It was frustrating for me when it was uninformed bloggers. People said I had no place on Kickstarter, and everyone weighed in on that. Finally the CEO of Kickstarter said, "He drove more traffic to our site than anyone ever has, and those people not only came but they stayed and funded other things." When I do these screenings across the country, just for fun and to prove a point, I'll go, "Raise your hand if you went to Kickstarter for the first time when I introduced you to it and went on to fund other things." Seventy percent of the hands go up in every screening. But no one reports that, because that's not clickbait.

Regrets?

The film is coming out in theaters this Friday and the campaign is behind you. Looking back, is there anything you'd do differently?
I wouldn't use Kickstarter again. It wasn't meant to be like, "Oh, this is how I'm going to fund all my movies." It was supposed to be a fun experiment with my fans. I don't want to imply to anyone reading that now I'm going to crowdfund all my movies. I do think in the future the concept of being able to buy stock in a film is cool.

Zach Braff examines a shot on the set of "Wish I Was Here." / FOCUS FEATURES

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In the 'Mood'

Salut! Audrey Tautou talks about what it's like to act in a crazy Michel Gondry film.

Rather than do it in post, "Mood Indigo" director Michel Gondry had stars Audrey Tautou and Romain Duris actually get into a cloud vehicle. / DRAFTHOUSE FILMS

Audrey Tautou hasn't spoken English in two weeks. She keeps apologizing as she searches for certain words. "It's difficult for me in English when I want to say something that is beyond that of a 7-year-old child," she says. "In French, I promise I have all the correct vocabulary."

But she soldiers on anyway, talking over a trans-Atlantic call about a film that's tough to describe: "Mood Indigo," a primarily visual movie made by Michel Gondry. Tautou plays Chloe, a nice woman whose marriage to a playboy (Romain Duris) is jeopardized when she falls prey to a whimsical but deadly disease: She finds a water lily trapped in her lung.

On helping to realize a book (from 1947, by Boris Vian) she read long ago onto the screen: "It felt like I was returning to my youth; it was very nostalgic. And it seemed impossible to adapt this novel. I was awful curious to see how Gondry would bring it to life."

What it's like to act on a Michel Gondry set, where the effects aren't digital: "It was like we were children. We would be traveling around in a cloud. It was all right there for us to play with."

Audrey Tautou's latest is "Mood Indigo," in which she plays a woman with a water lily trapped in her lung. WIREIMAGE

The chaos of his sets: "It was a big mess — which he created intentionally, to get us to forget about the camera and be more natural. He doesn't ask for silence then yell 'Action!' His cameras were always on. We wouldn't know if they were on us or someone else. It made us feel very free."

Gondry vs. 'Amelie' director Jean-Pierre Jeunet: "Their aesthetics are so similar, but they're so different. Jean-Pierre is a perfectionist. Everything is perfectly timed; the lighting is beautiful. Michel is the opposite. He likes when it's not too beautiful, when it's alive and everything's a mess."

About being known for 'Amelie,' still: "That's my hit! That's it. I'm really proud of it. It would only be a problem if I hadn't done any other movies."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Across the sea

Comin' to America?

After the success of "Amelie," Tautou didn't go Hollywood. (She did one film, "The Da Vinci Code.") She's often said that she's a French actress and would never move to Los Angeles.

Would she come here for work? "Yeah, of course. But I'm not the one who decides, huh? They aren't waiting for me," she says, laughing. "I'm not very social; I'm not very good at self-advertising. Next time I'm promoting a movie in America, I should just recite my list of preferred directors."

Visit **Metro.us** for director Michel Gondry's take on "Mood Indigo."

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The sounds of science

Interview. Actors Brit Marling and Michael Pitt loved getting into the grit of playing biologists in "I Origins."

MATT PRIGGE
@mattprigge
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Michael Pitt and Brit Marling are stuck in the lab in "I Origins." / FOX SEARCHLIGHT

Brit Marling and Michael Pitt are tired of cliches about scientists, both in movies and in real life.

"There's this idea that scientists are men and women in white lab coats with no sense of humor," Pitt says.

"Not at all," Marling insists. "They're f—ing so funny."

"People think they have no passion, that they can't talk to you about music," Pitt continues.

"They have so much enthusiasm, just for the f—ing love of it," Marling adds. "They just want to communicate their love of [science] to you, to get you to revel in that love, too."

In "I Origins" — which reunites Marling with Mike Cahill, the director of her breakthrough movie, "Another Earth" — the actors play molecular biologists researching the evolution of the eye. They make some shocking discoveries, one that might involve Pitt's character's dead girlfriend (Astrid Berges-Frisbey).

As prep, Cahill took them to his brother's friend's lab at Johns Hopkins. "We went into the basement, with the Holocaust of mice that are down there," recalls Marling. "It's intense. You have to commit to days and days of really tedious, specific research and notation before you might one day come across an aberration that might lead to discovery."

Marling and Pitt embarked on a crash course, constantly reading books on science. "We would pass things that we were reading on to each other. We'd be like, 'Oh my God, did you read this from [Richard] Dawkins? Did you read this part of 'Origin of the Species'? We got straight-up nerdy about this," Marling remembers. "That was the fun part of doing this together."

"Those people became my heroes," Pitt says. "The type of research they were doing was for humanity. They could make serious money working for some pharmaceutical company. But they care about research and what they're working on. They're actually taking a huge pay cut to work in this lab where not everything is working, and some of the gear is outdated."

Pitt even identified with them, in a sense. "They inspired me to continue what I've been trying to do, which is to make things I care about. That's a crazy concept for some people," he says. "I want to work with people like Mike [Cahill] in environments like this. That's when I feel rich."

Collaboration

Let's work together

There was so much that they shot for "I Origins" that Marling and Pitt claim they're not even sure what's in the final cut hitting theaters. They even reference a birth scene nowhere in the film. That was simply a product of Cahill's loose, collaborative approach, where he'd allow his actors to disagree on certain parts.

"On set you're just playing every day," says Marling. There's a scene where they argue over whether Pitt's character should go to India to look into what may be a major scientific discovery. "The early incarnations of that scene had her telling him not to go. But we realized that didn't feel right. We were trying to tell a story about a partnership with equality. She shouldn't say, 'Don't go.' It should be the other way around."

They would spend lots of time discussing and arguing about scenes, shooting it multiple ways. "And then someone else has to go figure that out in the editing room," she says. "By the time someone watches the film it's like hundreds of people's mind and hands and imaginations have touched it and tried to refine this gem. That's the charged part of storytelling."

BRIT MARLING AND MICHAEL PITT TEAM UP FOR THE SCI-FI FILM "I ORIGINS." WIREIMAGE

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Mourn Crumbs with the city's other best cupcakes

It's the small things in life that often provide the greatest joy, and when it comes to happiness, desserts are my best friends.

Nothing makes me smile more than a cupcake. In light of the recent troubles at Crumbs Bakery, I decided to share my favorite spots where you can satisfy your cupcake craving.

Drink. Eat. $ave. NYC.

MONICA DINATALE

Monica DiNatale is a deals expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC. Available in paperback and ebook on Amazon and Barnes & Noble.

Cupcake Café

545 9th Ave.: These cupcakes are almost too pretty to eat. The butter cream frostings are sculpted into beautiful colorful flowers like works of art. The small is $3 and the large $6. They need to be refrigerated but it is best to let them sit out for an hour so the frosting is perfectly soft. My favorite is the mocha frosting.

Molly's Bakery

228 Bleecker St.: At Molly's you can choose your cake and frosting flavors and get a cupcake designed just for you for $2.25. Center filled cupcakes are $3.75 and include flavors crème brulee and blueberry cheesecake. These are cupcakes for adults, bursting with fillings. And if you're not perfectly content, go to their "sprinkle station" and dress up your treat as you see fit.

Sprinkles

780 Lexington Ave. & 200 Vesey St.: The best thing to do at Sprinkles is order a frosting shot with your cupcake for $1.50. You'll get a generous helping of frosting in a cup with or without sprinkles. I recommend the peanut butter, chocolate and salty caramel cupcakes. For $3.75 you'll be in cupcake heaven. Follow them on Twitter to find out the "secret word" on certain days to get a free cupcake.

The Weekly Yelp. Manhattan's best barbecue is worth the wait

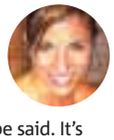
Thanks for ruining Independence Day, Hurricane Arthur, you big jerk. Luckily for us we can enjoy barbecue anytime despite the elements or how many terrifying flash flood warnings we receive!

Workers at Delaney Barbecue do expert pulling. / MINDY D./YELP

Mighty Quinn's

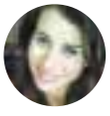
103 Second Ave., East Village
I had a brisket, naked, and my friend had hand-pulled pork. I think the second I took a bite from it I died and my ghost departed from my body to travel to meat heaven. **MATT A.**

Dinosaur BBQ



700 W. 125th St., Harlem
Best. Wings. Ever. Don't know what else needs to be said. It's worth the trip. It's worth the wait. Wings are so meaty and good, and the diablo sauce is excellent. **STEPHANIE H.**

Delaney Barbecue Smokeline



W. 16th St., Chelsea
Everything was so good. The brisket was nicely pulled and flavorful, juicy and abundant. **JULIANE L.**

Hill Country Barbecue

30 W. 26th St., Flatiron
Coming from Texas, I've had my fair share of good BBQ. This place is the closest thing to Texas BBQ you'll find in Manhattan. It's got extra moist brisket (a must!), ribs and all your typical sides. **MICHAEL E.**

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NYC comes out to play

Gaming. Put down your electronic devices and get some fresh air.

Once upon a time, kids would knock on neighbors' doors to ask a friend to come out and play. Today, you solicit fellow players by logging onto your console, cell phone or tablet. The founders of the Come Out and Play Festival aim to reverse the trend with two days of free gaming in Brooklyn and on Governors Island, July 18-19.

Established in 2006, the annual festival began as an effort to bring together designers and players interested in developing new types of games that require and inspire physicality, a key component to festival organizers like Greg Trefry.

"You're up and moving and bumping into people and things; with the lights, smells and sounds of this amazing city swirling around you. It makes you feel like a star," Trefry said.

This year's festival begins after dark in Dumbo, in and around the lit-up Manhattan Bridge Archway Plaza arcade. Games, like "Light Fight," see players traversing a board with flashlights to catch the opponent in the dark. "Super-Skinny Soccer" squeezes six players into a three-foot-wide alley pitch, while "EXO: Arena" turns iPhones into laser tag-like weapons to zap opponents.

Saturday, the festival moves to Governors Island. Field Day showcases new games and sports for adults on the parade grounds, including full-contact "Catan," which transforms the cult board game into a heart pounding run, tackle and slide for victory points. "Buzkashi 2.0" reinterprets the classic Central Asian horse sport (without the decapitated goat carcass).

In a separate area, ESI Design, a New York-based innovation and experience design consultancy, encourages intergenerational play by setting up a time-travel agency, which lets kids and families travel to games set in different time periods.

For Trefry, giving adults the chance to play is more important than for children, who play by nature. "As you get older, you just get fewer chances to be outside and learn to play new games." The importance of festival is clear to Debra Everett-Lane, senior writer and designer at ESI.

"Many people wrongly assume that play is limited to toys and games," says Everett-Lane, "but play is really an approach to life, a way of interacting with other people through collaboration, creativity, curiosity, wonder and, of course, fun."

Players face off during last year's Come Out and Play Festival. / LIA BULAONG

Quoted

"Play is really an approach to life, a way of interacting with other people through collaboration, creativity, curiosity, wonder and, of course, fun."

Debra Everett-Lane, senior writer and designer at ESI

If you go

Come Out and Play Festival

Admission is free: Find times and locations in Brooklyn (Friday) and on Governors Island (Saturday) at www.ComeOutAndPlay.org.

MIKE DUNPHY
@metronewyork
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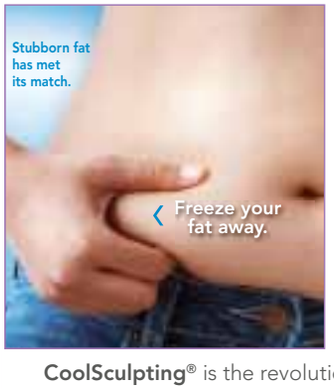

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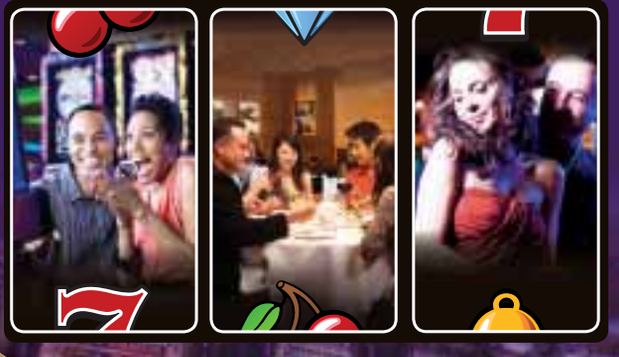

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The most expensive property on the market is a four-bed, four-bath penthouse at 165 Charles St. Marketed by Douglas Elliman, the condo offers 4,500 square feet of interior space with 21-foot ceilings, expansive windows and 1,800 square feet of private outdoor space.

Least Expensive

$229K

The least expensive property is a co-op in Manhattan Valley. Marketed by Citi Habitats, this studio offers a newly renovated kitchen with stainless steel appliances, oak floors, high ceilings and two closets. The property is located in a pre-war, elevator building.

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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Innovative ideas

Market news. The latest trends — from Google Glass to crowdfunding — are gaining industry traction.

New York City's established real estate players and its burgeoning startup community are always on the lookout for the next big idea — something that can revolutionize the industry and rake in large profits.

We surveyed some of the most innovative ideas that are gaining traction in today's market.

HITEN SAMTANI

By the numbers

$31M

In May, Fundrise raised $31 million from investors, including Silverstein Properties' CEO Martin Burger and Chief Investment Officer Tal Kerret.

The crowdfunding craze

The crowdfunding phenomenon has received more attention than any of the other ideas on this list.

In New York, Fundrise, Realty Mogul and Prodigy Network have all successfully financed projects using the model, which allows investors to put their money directly into real estate projects of their own choosing, rather than investing blindly through a middleman such as a real estate investment trust or a pension fund.

The Fundrise website allows building owners to create a profile describing the project they are funding. Potential investors can then decide to put in as little as $5,000. Annual returns vary by deal. An investment in Brooklyn's Prospect Lefferts Gardens, for example, is offering a 16 percent return, according to Fundrise's website.

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Real estate. Median rents in Manhattan hit five-year high

Manhattan's rental market saw median prices hit a five-year high in June as the vacancy rate dropped to its lowest in five years, according to Douglas Elliman's monthly rental report released last week.

With the vacancy rate at 1.64 percent, median rental prices rose 3.3 percent to $3,300, from $3,195 in June 2013. The average rental price increased 5.4 percent to $4,079.

"There are so many more people looking than there are apartments available," said Luciane Serifovic, director of rentals at Elliman.

According to the data, inventory levels dropped 2.2 percent to 5,719, and properties stayed on the market for 49 days, down from 54.

In Brooklyn, median rental prices rose for the thirteenth straight month, up 2.3 percent to $2,800, according to the report. The average rental price increased 1.7 percent to $3,176.

In a separate report, Citi Habitats said average rents in Manhattan broke a new record in June, reaching $3,470, the highest since the firm began tracking the data in 2002.

"From the tenant's perspective, it's a tough market and the real reason is because there's a lack of inventory," said Citi Habitats President Gary Malin. Can rents get even higher? Malin said in pockets of the city, yes, although many landlords will be hard-pressed to hike prices substantially.

"If people feel too much pressure, they'll look to other options," he said.

E.B. SOLOMONT/ THE REAL DEAL

This unit at 413 Grand St. is renting for $3,000 a month. / PROVIDED

Now for Queens

"We needed to create a market report where the landlords and consumers are going."

Serifovic, on why Elliman's monthly report included data on the Queens market for the first time.

-.5%

In contrast to Manhattan and Brooklyn, the median rental price in Queens dropped .5 percent in June to $2,830. The average rental price fell 3.5 percent to $2,896.

in real estate

CELEBRITY BUYERS SUCH AS LEONARDO DICAPRIO AND DEEPAK CHOPRA ALSO SIT ON THE DELOS' ADVISORY BOARD.

Using health to create wealth

Doggie spas and golf simulators are old news in the one-upmanship world of luxury residential amenities. And while "green buildings" have also been all the rage, developers are now going beyond that and looking to cash in on the health and clean-living movements.

At the forefront of the trend is development firm Delos, which is behind a new condo building at 66 East 11th St. that claims to "enrich the health of the people" who live there. The amenities include vitamin C-infused showers, aromatherapy air supplies and the piece de resistance, a "circadian lighting system" that will filter in light to invigorate residents in the morning and melatonin-filled light in the evening to help them sleep.

Gearing up for Google Glass

For most New Yorkers, Google Glass is just a futuristic-looking novelty device.

The high-tech Internet-powered computer, which is worn like a pair of eyeglasses, hit the consumer market just two months ago, at a cost of $1,500 each. But well before its full-fledged consumer launch, it had already begun trickling into the real estate industry, particularly on the residential side.

Real estate company Trulia launched an app for "Glass" last June, which allows users to see alerts about nearby for-sale apartments while walking around a neighborhood. Users can also browse photographs of homes, save listings and contact an agent through the app.

Zillow is also working on an app for Glass.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

The pros of crowdfunding

"The ability to allow people to put their money where they would like is very powerful. The concept of democratic investment in real estate has the opportunity to grow dramatically if managed and done well."

Tal Kerret

Designer Diane von Furstenberg is spotted in Google Glass. The technology is still being used only by the earliest of adopters and is in the testing phase in the real estate market, but sources say it could have big implications for the industry — even if it's not for a few more years. / GETTY IMAGES

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DIY. The editors at Wayfair help us get crafty with flea market finds.

This happens every summer: You excitedly head to flea markets and tag sales determined to transform some crappy old icebox into, say, a vanity, which will then be the impetus for your very own lifestyle brand. But instead you end up with yet another guilt-inducing dust-collector that judges you and gnaws at your creative soul every time you dig for shoes in the back of your closet, where it currently resides.

Thankfully, the editors at Wayfair braved the Brimfield Antique Show and came up with easy, affordable (under $40!) DIYs to get your inner Martha Stewart warmed up.

Visit **Metro.us** to learn how to turn an old game board into a glam tray.

Finishing touches

Hanging the oars

Paint 2-inch carpentry nails black to hang each oar. Place one nail at the throat of the paddle (where the shaft meets the blade) and two nails right below the grip of the oar (one on the top and one on the bottom) to hold the oar in place.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Project. Nautical flair

Supplies

- Three used oars
- Fine-grit sandpaper
- Painter's tape
- Acrylic paint
- Paint brushes (varying sizes)
- Clear spray paint, gloss finish
- Black rope or paracord

(optional)

- Nails (for hanging oars)
- Drop cloth (for painting and spraying)

Vintage oars get a make-over with graphic prints. "The combination of vibrant paint and weathered wood results in an eye-catching wall art display," says Wayfair editor Catie Parrish. She shows us how.

Directions:

1 "Start with the color palette and design. Our designs were inspired by painted oars we've seen on Pinterest."

2 "Lightly sand the blades of the oars with a fine grit sandpaper. This helps to smooth out chips and gives the paint a better surface to adhere to."

3 "Tape off the design for each paddle with painter's tape. Some designs will have to be done in stages. Measure twice to make sure you're getting the right line and angle."

4 "Paint the oars according to your design. We used three or more coats of paint to ensure a rich color. Remove the painter's tape before the paint completely dries to prevent the paint from chipping or pulling away with the tape."

5 "Once you're happy with the design and color, apply a coat of clear gloss spray paint to each oar blade to seal and protect the paint."

6 "As a finishing touch, we wrapped black paracord at different points along the shafts of the oars."

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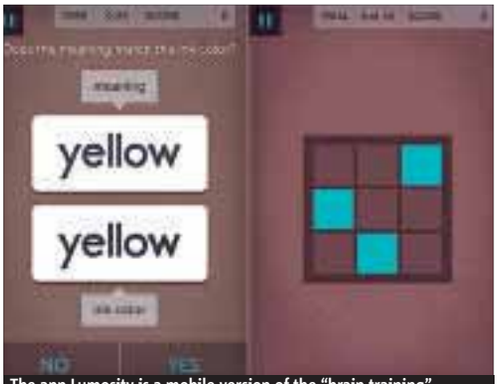

The app Lumosity is a mobile version of the "brain training" games the company offers on its website. / PROVIDED

TRAIN YOUR BRAIN — OR SIMPLY WASTE TIME BETTER

Lumosity

Price: Free
Platform(s): iOS

We tend to fret the most over our bodies. We anguish over diets and exercise and how much we're moving and how much we're sitting. (And never forget: Sitting equals death.) We're so busy with physical health that we can forget there's another aspect of our bodies that we should be unhealthily freaking out over: our brains. When the mind goes, it doesn't matter how our knees feel or abs look.

Some of us are smart enough to keep our minds regularly active; some believe doing a daily crossword staves off Alzheimer's. That might be true, and if so, might hold true for Lumosity, too. Founded in 2007, the online "brain training" company has harnessed the power of a team of neuroscientists to make simple games that activate the mind. One can play these on computers or on a smartphone, because if you're going to mess around with your phone to kill some time, you might as well do something productive.

First, Lumosity asks what cognitive skills you're looking to improve, such as "lose fewer objects" or "remember people's names." From there, you can choose from over 40 games, which include ones for memory — such as recreating patterns — or ones that test mental quickness. One has you judging whether the same shape has been repeated, which is harder than you might think.

APP APPEAL
MATT PRIGGE
matt.prigge@metro.us

Does it work?

The critics

The Lumosity site boasts about the program's scientific bona fides. There's talk of peer-reviewed papers and multiple studies about how Lumosity has helped cancer survivors and patients with mild cognitive impairment.

Some off-site reports are more mixed and suspicious of its claims, noting weak sample sizes and a general atmosphere of hot air. But anything that keeps you from scrolling through Instagram is, at the very least, a productive way to occupy a time-suck.

Roll 'em up. Televisions that you can bend might soon be real

For years now, science has dreamt of creating fully flexible screens, allowing us to watch old "Cheers" episodes on something pliable. But each time a new hurdle is surpassed, a new one crops up to take its place. Electronics manufacturer LG, however, might have just cracked the code.

The company announced it has just created an 18-inch OLED display that is so flexible it can be rolled into a tube, which would make for one hell of a high-tech kaleidoscope. The working prototype has a resolution of 1,200 x 800, which is pretty darn crisp.

How does it work? The back is outfitted with a polyamide film that allows for ultimate pliability and an even thinner screen. Of course, this is just a prototype, so who knows when these will start showing up on store shelves. Also, nobody really wants to watch "Cheers" that way (yet).

LAWRENCE BONK

LG will soon have TVs you can roll up into a tube, if you're into that sort of thing. / LG

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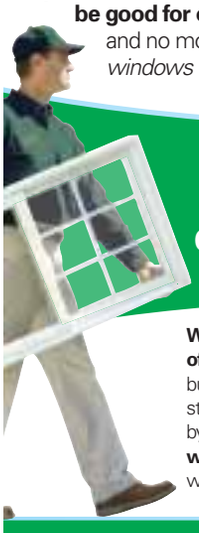

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Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at askdrmark@metro.us.

Sports-related eye injuries could cause serious complications, such as a detached retina. Here, Swiss defender Steve von Bergen is helped off the field during a World Cup match against France. / GETTY IMAGES

Many people experience temporary eye-related problems such as pink eye (conjunctivitis) or a scratched cornea. But there are a number of conditions that constitute true eye emergencies which, if not treated promptly, could result in permanent loss of vision. In these cases, seeking emergency medical attention from an ophthalmologist is essential to preserving or recovering your vision.

Retinal detachment

The sensory layer within the eye can lift away from its inner surface, resulting in abnormal electrical impulses (flashes), debris floating inside the eye and possibly a wavy quality to vision. Laser surgery may be necessary.

Chemical injuries

A caustic liquid that is either acidic or worse, highly alkaline, may result in a chemical burn. Immediately rinse with cool water before seeking medical help.

Acute glaucoma

The fluid pressure within the eye can suddenly increase, which may result in blurred vision, a red eye, nausea and vomiting, the appearance of a halolike glow around lights and a hazy cornea. Emergency diagnosis, medication to lower the eye pressure and even surgery can be effective.

Retinal artery/ vein occlusion

The eye's main blood vessels can become blocked, causing sudden and painless blurring or loss of vision. Treatments include medications, injections or lasers.

Don't touch!

Mechanical injuries

Rupturing or perforation of the eyeball can happen from a hard poke or hit while playing sports or from a piece of debris entering the eye at high speed, such as an errant shaving from a workshop tool. Wearing protective goggles or a shield is essential to prevent these injuries; once they occur, they require immediate ophthalmological evaluation, antibiotics to prevent infection and possible surgery. Do not touch your eye if you suspect there is something stuck in it, as this will only worsen the injury.

Checklist

What to watch for

If you're experiencing any of these symptoms, seek immediate treatment for what could be a permanent threat to your vision:

- Eye pain
- Vision loss
- Seeing a halo
- Flashes or floaters
- Bulging or swelling of the eye
- Double vision
- Discharge, crusting or tearing
- Blurred vision that persists

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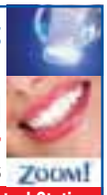

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Horoscope

♋ Cancer | June 21-July 22. A diligent pursuit of knowledge will help you raise your earning potential. Being prepared for any situation will get you ahead.

♌ Leo | July 23-Aug. 22. Keep your money and valuables in a safe place. Protect what you have worked so hard to accumulate. A humble attitude will get you far.

♍ Virgo | Aug. 23-Sept. 22. Make plans to spend time with the people you most enjoy being with. Romance is in the stars, and a closer relationship is near.

♎ Libra | Sept. 23-Oct. 22. Tread carefully when discussing important issues with friends, colleagues or family. Keep your thoughts to yourself.

♏ Scorpio | Oct. 23-Nov. 21. Go ahead and make subtle changes to your appearance or image. Developing your interests is a great way to increase your knowledge.

♐ Sagittarius | Nov. 22-Dec. 21. You will come up against some strenuous opposition at home. Resist the urge to get into a debate.

♑ Capricorn | Dec. 22-Jan. 20. It's imperative that you meet your deadlines. Once you have fulfilled your obligations, get together with friends for some fun.

♒ Aquarius | Jan. 21-Feb. 18. Don't try to shirk your career. Your financial situation will take a dive if you need to look for a new position. Protect what you have worked so hard for.

♓ Pisces | Feb. 19-March 20. Decide what you want and go after it. With determination, you can overcome any limits or obstacles that stand in your way.

♈ Aries | March 21-April 20. Get in touch with people you haven't seen in a long time. If travel is not an option, make calls to find out how everyone is doing.

♉ Taurus | April 21-May 21. Reevaluate your intentions and motives. It may be time to move on if you feel you are involved in it for the wrong reasons.

♊ Gemini | May 22-June 20. Now isn't the time to make changes. Keep your intentions a secret for now. You will get further ahead by doing your job competently. BERNICE BEDE OSOL

Sudoku: Easy and hard

1	7	6	5			2		
					2		9	6
		4		8	6			
		2	7					8
9								1
6					8	9		
			9	1		8		
3	2		8					
		9			3	6	1	4

1	7				8		6	
			1	3	6			8
			4					5
		2		4		8	9	
	8						5	
	1	9		7		6		
9					4			
5			9	6	3			
	3		5				4	9

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

No need to suffer gun violence

Another senseless shooting took place in Houston recently, and I still lose sleep at night wondering why this country allows guns to be owned by people who are not fit to own one. I do not want to accept the fact that my children and their children will always be living in a country where the gun lobby is so strong that there will never be a change for the good. Maybe if more celebrities take up the cause, we would have more of a chance to make a change, since it seems that so many Americans look up to professional sports figures and celebrities.
CAROL SOSENKO, VIA EMAIL

Reading to your kids is a gift long-term

Re: '5 reasons to read to your kids' (Metro, July 15) Very interesting and truthful article. I experienced that with my son, who's now 16 years old. Back when he was a baby, I read to him while waiting for the day care to open its doors. Today I can say I gave something for my son that he will treasure for the rest of his life: a love for reading.
GLORIA QUIAH, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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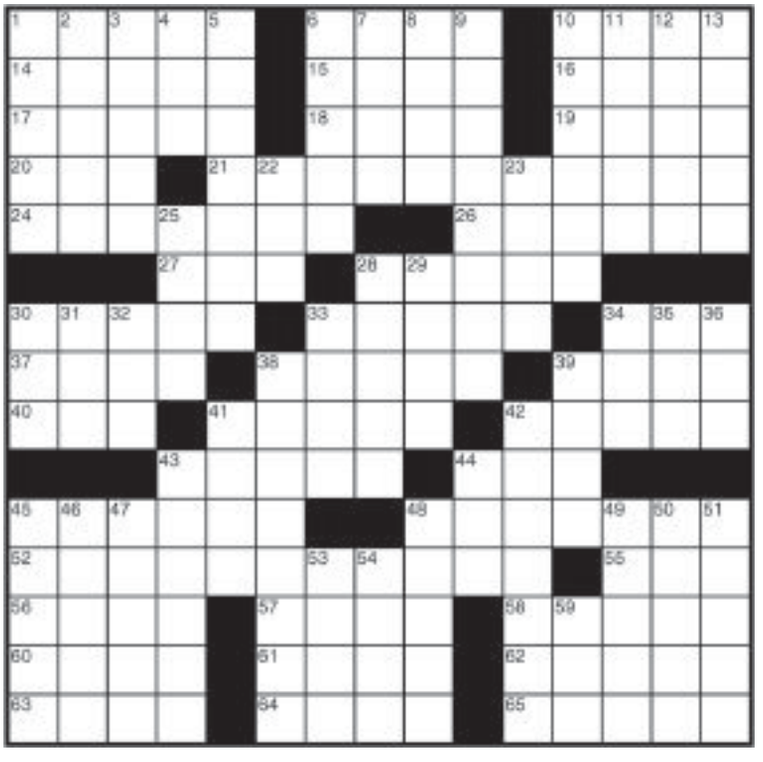
Crossword

Across
1 Romantic isle
6 Had debts
10 Refuses to
14 Over
15 El —, Texas
16 Melville opus
17 Kim of "Vertigo"
18 Purina rival
19 Rough file
20 Spleen
21 Tentacle possessors
24 Bull's-eyes
26 Worried
27 Ignored a diet
28 Yacht spot
30 Quick reminders
33 Ms. Reno
34 Robust energy
37 Racetrack
38 Cloudbursts
39 Blondie's shrieks
40 Prohibition
41 Cults
42 Seattle's Sound
43 Hogsheads
44 Flair for music
45 LP protector
48 Staff cuts
52 Wild uproar
55 Stein filler
56 Early movie dog
57 Kind of muffin
58 Ringmaster
60 Hoofed animal
61 Jet route
62 Saw
63 Blows it
64 Joie de vivre
65 Easily irritated

Down
1 "Oh, be quiet!" (2 wds.)
2 Where Aesop shopped
3 Patio block
4 Narrow inlet
5 Some printers
6 Translucent gems
7 Room divider
8 Catch a glimpse
9 Goofballs
10 Become more severe
11 Nebraska city
12 Plane tips
13 — -turvy
22 Paris season
23 Rolling -- -- (rich)
25 Liverpool poky
28 Sets a trap
29 Beattie and Jillian
30 Marshal's problem
31 Ms. Gabor
32 Homo sapiens
33 Trunk tool
34 — out (relax)
35 "I Like —"
36 Albuquerque hrs.
38 Favor
39 Mark's successor
41 Squirrel away
42 Installment
43 Fragrant trees
44 – de cologne
45 Hammett gumshoe Sam
46 Powerful beam
47 Register for
48 Flax product
49 — and figures
50 Swift-footed
51 Squalid
53 Kind of hygiene
54 Granny
59 One of the Three Stooges

Yesterday's answer



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3 SPORTS

Coming back

Wade signs two-year deal

Dwyane Wade has officially joined Chris Bosh in returning to Miami. The guard inked a two-year deal worth around $30 million. Wade played in just 54 games last season and his 19 points per game were the fewest since his rookie season.

Source: Jets won't trade for Johnson

NFL. Texans wide receiver Andre Johnson is trying to force a trade, but it apparently won't be to New York.

The Jets have been linked to various big-name wide receivers either via trade, free agency or in the NFL draft much of the offseason. Now with Andre Johnson probably a holdout heading into training camp with the Texans, the thought of an All-Pro wide receiver on the market made for a natural link to the Jets.

But a Jets team official has ended that rumor.

"[Trading for Johnson] is not something we are actively pursuing," one Jets executive told Metro New York. "He isn't a fit for where we are heading."

Speaking on the condition of anonymity, the source said the Texans have done nothing to signal a willingness to deal Johnson. But the source also made it clear the Jets aren't looking to add Johnson at this point.

"Clearly, Andre is a special player, but special players come at a price," the executive said. "Right now, with the direction the team wants to go, it isn't the best fit. While he is a tremendous talent, he would hurt a lot of cap flexibility."

Defensive end Muhammad Wilkerson is looking for a contract extension, and trading for Johnson could hinder his signability.

Reports last week indicated Johnson was headed for a holdout, and reports this weekend said the Texans were unwilling to trade one of their biggest playmakers on offense. But it wouldn't be a huge surprise to anyone if the Texans ended up dealing Johnson to be rid of his high salary cap number.

Johnson has a base salary of $10 million in 2014, which increases to $11 million by 2016. Those high figures will make him difficult to move.

"We drafted three wide receivers this year — all mid-round guys with what we believe to be high ceilings," the executive said. "With other additions this offseason, such as Eric [Decker] and [Jacoby] Ford, plus some good young players already on the roster, it would have to be a move that would make sense for us — especially for cap purposes. A big-money wide receiver such as Andre may not be the best allocation of resources.

"He isn't someone we see ourselves pursuing at this point as part of the direction we want to go."

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Johnson had 109 receptions for 1,407 yards and five touchdowns last season. / GETTY IMAGES

Visit **Metro.us** to see which Jet oddsmakers say could win MVP.

Early guarantee

Fisher: Knicks will make playoffs in 2014-15

Derek Fisher isn't ready to concede his first season will be a rebuilding year.

The Knicks's new head coach told reporters in Las Vegas, where the team's rookies and young players are taking part in the NBA Summer League, he plans on making amends for last season's disappointment.

"I believe in our guys," Fisher told reporters. "Even if nothing else changes, we're good enough to be a playoff team in the Eastern Conference, but we have to go out and prove it."

The Knicks were 37-45 last season and finished one game out of the No. 8 spot in the Eastern Conference one season after finishing in the No. 2 spot with 54 wins.

Carmelo Anthony signed up to return this week, but the team is relatively unchanged from last season. Tyson Chandler and Raymond Felton were shipped to Dallas for Jose Calderon and Samuel Dalembert, who will slot in at starting point guard and center.

The Knicks will be counting on bigger contributions from J.R. Smith and Andrea Bargnani as well.

MARK OSBORNE

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MLB. Selig did not know Rodriguez was given drug exemption

If Alex Rodriguez was given clearance to use banned drugs, MLB Commissioner Bud Selig says he didn't know about it.

Selig spoke before the All-Star Game and said he was unaware of the claims made in the newly released book "Blood Sport: Alex Rodriguez, Biogenesis and the Quest to End Baseball's Steroid Era."

"We did not know about it at the time," Selig said. "These independent people made a judgment. History proved them, I guess it turned out to be somewhat wrong, but they were outstanding doctors."

According to the book, MLB's doctors gave Rodriguez a medical exemption to use Clomid, a banned substance used to restore testosterone levels after a steroid cycle, in 2007.

METRO

By the numbers

54

Rodriguez hit 54 home runs and won the MVP in 2007 when he was allowed to use the drug Clomid.

British Open betting guide

The Open Championship begins early Thursday — and a certain Tiger is back on the prowl looking for a major title.

The third major of the golf calendar is upon us and while he may only be an 18-1 shot to win, Tiger Woods is back in the sports news.

Woods missed the Masters and U.S. Open after undergoing back surgery. But he's ready to go at Royal Liverpool.

Phil Mickelson, Sergio Garcia and the usual big names will all be there as well.

But while there will be 156 players vying for the $1.67 million first-place prize, we look at a handful of players who could put money in your pocket.

MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

Favorites

Justin Rose: 14-1
The last time an Englishman won was 22 years ago, but Rose is tied atop the books. He won June 29 at the National and he's not a bad choice, even as favorite.

Rory McIlroy: 14-1
He missed the cut at the Irish Open a few weeks ago and would seem an unlikely choice to win.

Adam Scott: 16-1
He hasn't played a tourney since the U.S. Open, but has two straight top-3 finishes at the British Open.

JUSTIN ROSE WON LAST WEEK IN THE SCOTTISH OPEN IN A TUNEUP FOR THE OPEN. ALL PHOTOS GETTY IMAGES

Moneymakers

Rickie Fowler: 33-1
He's still waiting to break through in a major, but he's been playing well in every big event this year. He has Top-5 finishes in the WGC Match Play, Masters and U.S. Open.

Bubba Watson: 40-1
Watson's never had much success at links golf, hence the higher odds, but he does have two wins this season, including the Masters. No one's playing better, so maybe he solves the Open.

But what about Tiger?

Tiger Woods: 18-1
It doesn't matter that Woods has played just two rounds of competitive golf since March (his own tournament in D.C., where he missed the cut), he's still fifth on the board because people will put money on him.

Don't be one of those people. Woods will not be winning this weekend.

If Woods wants to avoid being left off the Ryder Cup squad this fall, he will need to put together some sort of top 10 finish. Otherwise, he will hope to be a captain's choice.

WOODS HASN'T WON A MAJOR SINCE THE 2008 U.S. OPEN.

The Open pairings

We look at some of the notable pairings:

- **Group 13**: Luke Donald, Rickie Fowler, Sergio Garcia — 3:37 a.m.
- **Group 15**: Henrik Stenson, Tiger Woods, Angel Cabrera — 4:04 a.m.
- **Group 41**: Bubba Watson, Ernie Els, Phil Mickelson — 9:05 a.m.
- **Group 43**: Adam Scott, Justin Rose, Jason Dufner — 9:27 a.m.

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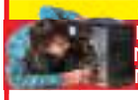

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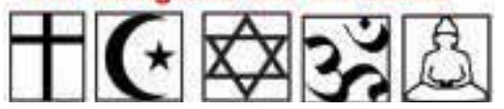

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